

Dr Jack A T Edmonds MB BS FRCGP



Festive Greetings from Dr Jack and his team



This year has been a year of changes and challenges and learning to adapt to what feels like a new Practice. As many of you now know Jackie Porter, our fantastic Practice Manager, became a Grandmother and could not wait to give up the stresses and strains of commuting to be able to work locally and be a hands-on Grandmother which she is wholly loving. We do miss our most valued colleague. We also lost the services of Dr Sera and Dr Pixie but happily we now have Dr Kate Thomson who is providing one day a week Well Woman Clinics and consultations. Dr Kate's sessions have very quickly become extremely popular so would recommend booking any annual health checks well in advance as she is only available once a week on a Tuesday.

Catriona's plan to work less has clearly been scuppered and is firmly back in the office (except at present Catriona is doing this one handed with a broken wrist as a result of falling down some marble stairs at the hotel whilst attending the annual medical conference in mid-November). Fortunately Laura Hilliar, our new Practice Secretary of six months has come to the rescue and has demonstrated her ability to cope in a crisis and is managing most efficiently the office single handedly but in a different way of course! Dr Jack and I would like to publicly thank Laura for her outstanding efforts.

Earlier this year you may be interested to know that your Dr Jack was awarded the honour and accolade of a Fellowship of The Royal College of General Practitioners. It was a delightful occasion attended by his wife, Catriona together with his Mother and sister Zan both of whom are also doctors. The award is given to Doctors who have demonstrated exceptional and outstanding contributions during their professional careers.

With the festive season fast approaching we hope you are able to enjoy a well-deserved break from the excesses of modern life. Put your feet up, relax, chill and recharge your batteries! There have been so many viruses over the past few weeks let's hope that means we can enjoy a truly happy and merry Christmas with loved ones. We hope that 2016 been a good year for you and your families. Remember, eat healthily, drink sensibly and exercise as much as you can and may 2017 be a good year for you and yours. Merry Christmas and a Happy, Healthy New Year to you all.

Dr Jack's Medical Update–

A recent headline read "**Dementia** now the most common cause of death" What are we to make of this? Firstly I don't buy it as it stands. Death certification usually states the reason for dying – heart stops, breathing ceases, brain function ends. Then the underlying cause or associated illness is recorded – cancer, coronary artery disease, cerebrovascular disease, chronic bronchitis and so on. In this associated category increasingly we will see dementia. Our population is aging and every year the proportion of citizens over 75 years old is growing. The medical profession is not curing more people. We are enabling people to survive with long term medical conditions so not only are people living longer, they are living with their medical problems. What our illustrious political leaders have not yet grasped is that we have three problems – an aging population who are often ill and with intellectual challenges. Dementia the number one cause of death? No. More and more patients passing away with dementia – certainly. As a society we need to take this truth on board. As a profession doctors and scientists need to focus on diagnosis, prevention, cure and management of intellectual impairment and dementia. This is one of the greatest challenges of our era.

The controversy about **statins** rages on. Recent publications in the Journal of the American Medical Association reviewed the state of play and could give only a B rating to the level of evidence for prescribing statins to people with high cholesterol and one other risk for cardiovascular disease. They could only manage a piffling C rating for asymptomatic patients with incidentally raised cholesterol. This is not a resounding endorsement for medications on which patients spend literally billions of dollars, pounds and euros a year and which are supported in public health policies in most of the Western world. The BMJ has called for an independent world wide review, policy statement and public guidance. As a personal statin taker and a prescribing doctor this is long overdue and gets my vote every time.



Advance Notice

Festive Closure - The practice will be closed from midday Friday 24 December and shall reopen on Tuesday 3 January 2017

Please **advise repeat prescription requests by 23 December** to ensure you have adequate supplies throughout the festive season.

Although the Practice will be closed Dr Edmonds will be keeping an eye on his emails should an urgent query arise.

EMERGENCY cover will be available via DOCTORCALL on 020 7535 1865

Patient Reminders

Should any of your **contact details** change please remember to let us know, especially in the case of prescription requests. Both of these can be done via the web site or direct by email.

To avoid viruses remember to wash your hands frequently and properly to avoid unwanted germs and sickness

Shingles vaccine – Zostavax is available for people over 55 to help reduce the incidence and burden of shingles. Contact the office for further information or visit the web site.

More News

Patient Satisfaction Questionnaire Survey 2016

The results of our Patient Satisfaction Questionnaire are posted on our web site. We would like to say a huge THANK YOU to the small number of patients who very kindly responded to the PSQ which for the first time was emailed this year. Although it was a disappointing return we were delighted that patients overall remain very satisfied with the service we provide. Please visit www.drjackedmonds.co.uk if you would like to view the PSQ results in full.

Medical News

Flu vaccines for the 2016-17 season will be available until end of February. Please make sure you get yours especially if you are in the 'at risk' group. Please visit the web site for further details and information.

Exercise : Do you know the benefits of Exercise? – First it assists in burning body fat and enhances the metabolic rate. Secondly, by increasing your blood flow this automatically improves your cardiovascular function. Thirdly, exercise assists with glucose management and tolerance providing a reduction in the need for insulin and also reduces blood pressure. Lastly the endorphin boost greatly improves your mood and relieves anxiety. If you are feeling overweight, anxious or depressed why not focus on some daily exercise before tackling the amount of food and calories consumed. Remember you need to expend more calories than you take in! Let's see some encouraging BMIs this year to improve your health and reduce your health risks.

Gardasil: the anti-HPV vaccination is improving its range of cover from 4 DNA strains to 9. This means even greater protection against human papilloma viruses giving patients more confidence to face the future as adults. Surely this means we should be vaccinating boys as well as girls? The potential for reducing cancer and saving lives is huge. We shall see if health policy and public opinion match in years to come.

General News

Egress – To be compliant with Data Protection law we will be transferring all our patient records and test results using Egress Switch which is very easy and free to set up. For further information on the Egress technology please refer to our web site under Patient Confidentiality.

The benefits of using Egress Switch are:

1. Prevent information being sent to the wrong recipient.
2. Ensure compliance with the Data Protection Act when handling personal data.
3. Ensure patient confidentiality and patient safety.

Fees – The list of our fees for 2017 can be viewed on our web site. Owing to increased expenses we are having to absorb we are increasing our fees by approximately 3%. We remain as you know dedicated and committed to providing a very personal and first class, efficient medical service. The costs of debit and credit card transactions are not insignificant and with fewer and fewer cheques being used online payment is welcome. Our banking details always appear on the invoice and your invoice can always be emailed to you should you prefer to settle payment through on-line banking.

Email Addresses – Remember we have simplified our email addresses so please note as follows:

drjack@drjackedmonds.co.uk; catriona@drjackedmonds.co.uk; laura@drjackedmonds.co.uk;



Dr Jack's Corner

HAND WASHING – It is difficult to avoid contagious germs at this time of year and it is particularly miserable if you pick up a dreaded lurgy just in time to spoil your Christmas festivities. Whilst it is impossible to steer clear of friends, colleagues and contact with your fellow travellers who may be harbouring an infection the best course of action is to make sure you wash your hands frequently to reduce your chances of succumbing to contagious viruses. Wearing gloves may also help prevent spreading infections but when you take them off be sure to still wash your hands before you handle anything else to again prevent infections spreading. Wishing you a virus free winter!

FESTIVE EATING - So what are you cooking up this season? Did you know that poultry and gamebirds have long been a celebratory meal and are an excellent source of protein? The answer is probably yes but are you aware of their healing properties too? All birds contain good amounts of the amino acid tyrosine which triggers the brain cells that enhance concentration and mental alertness. This Christmas remember that turkey is rich in tryptophan needed for the production of serotonin which helps the body maintain a feeling of well-being and controls appetite! A drop in serotonin levels can lead to depression and hunger so your festive dinner could be helpful in alleviating these symptoms. Altogether poultry and gamebirds supply 9 essential amino acids required for the growth and repair of tissues and are easy to digest at any stage of life. Other key nutrients are: iron, zinc, magnesium and vitamin B6.